

10 WEEK COUCH TO ADVENTURE RACE TRAINING PLAN

Designed for beginners, this 10 week plan will build the fitness and confidence needed to take on Gaelforce Westport.

You will develop endurance across running, cycling and hill climbing, preparing you for Croagh Patrick and the multi discipline nature of the race

Sessions can be done indoors or outdoors, making it flexible around your schedule and the Irish weather.

Weeks 1 - 2 | Build the habit

Day	Session
Tuesday	Run/walk: 1 min run / 2 min walk x10 (30 mins)
Wednesday	Cycle: 30-40 min relaxed spin
Saturday	Cycle: 45 min steady
Sunday	Brisk walk or trail walk (45-60 mins)

Weeks 3 - 4 | Build endurance

Day	Session
Tuesday	Run/walk: 2 min run / 2 min walk x8
Wednesday	Cycle: 45 min including small hills
Saturday	Cycle: 60 min steady
Sunday	Trail walk/run (60 mins)

Tip: Build Time, Not Speed

Focus on spending more time moving rather than going faster — endurance is what will carry you through this race.

Weeks 5 - 6 | Strength & hills

Day	Session
Tuesday	Run: 3km easy pace
Wednesday	Cycle: 50-60 min
Saturday	Cycle: 70-80 min
Sunday	Hill hike/run (60 min). Practice hiking steep climbs

Tip: Hills Are Your Advantage

Croagh Patrick is steep and most participants will hike sections. Practising uphill hiking and steady climbing now will give you a real advantage and help you manage your energy on race day.

Weeks 7 - 8 | Race preparation

Day	Session
Tuesday	Run: 4km steady
Wednesday	Cycle: 60 min including hills
Saturday	Brick session: 15km cycle + 1km run
Sunday	Trail hills session (60-75 mins)

Tip: Practice the Bike to Run Transition

Start getting used to running straight after cycling. Your legs can feel heavy at first, but a bit of practice will make this much easier on race day.

Week 9 | Simulation

Day	Session
Tuesday	Run: 5km relaxed
Wednesday	Cycle: 60 min steady
Saturday	Race simulation: 20km cycle + 2km run + hill hike
Sunday	Easy walk or recovery spin

Tip: Trust the Training

You've done the work. Focus on rest, stay relaxed and arrive at the start line ready to enjoy it.

Week 10 | Race week

Day	Session
Tuesday	3km easy run
Wednesday	40 min easy cycle
Thursday-Friday	Rest or short walk
Weekend	Race day !!

Race day tips:

- Croagh Patrick is steep - power hiking is normal
- Aim to be comfortable cycling 30km before race day
- Practice switching from bike to run so your legs adapt
- Keep your pace steady and enjoy the adventure!